

Unchained Eagle



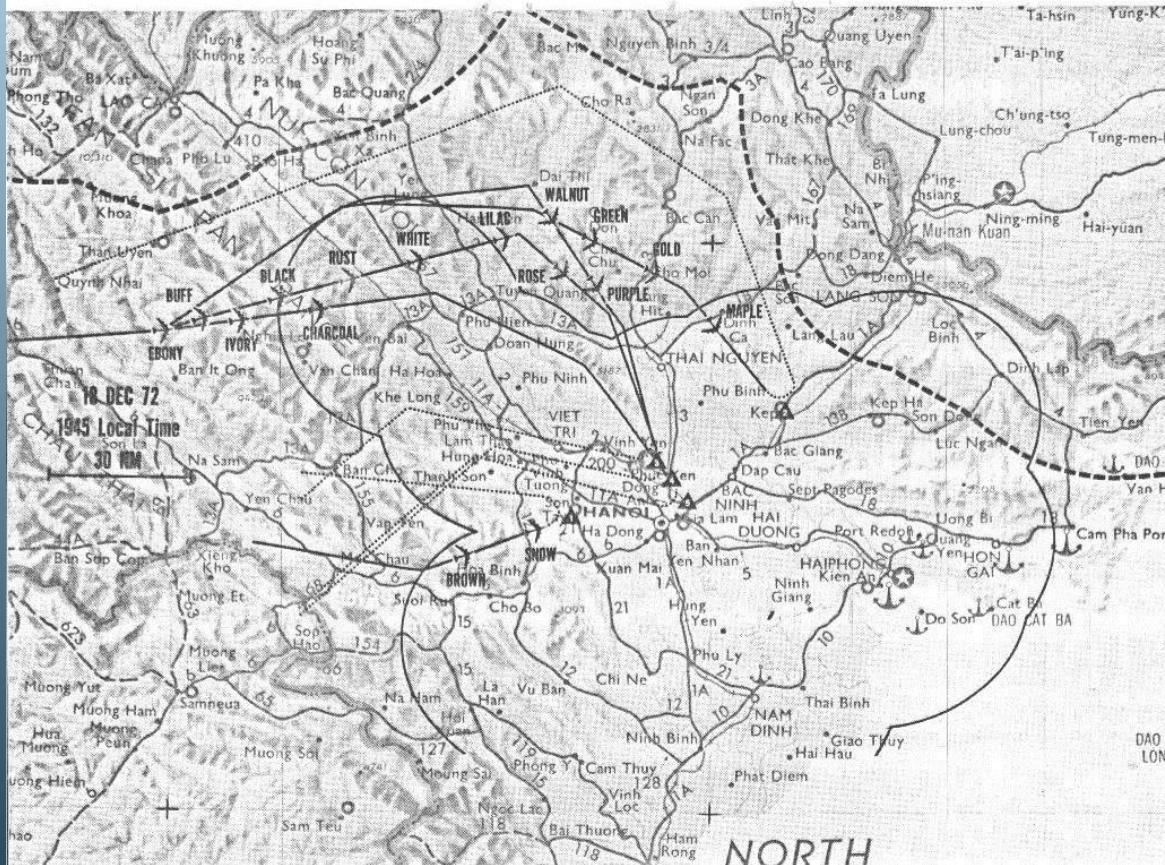
From Prison to Freedom
Robert G. Certain
Capt., USAF, FR429887448,
12 Dec 1947



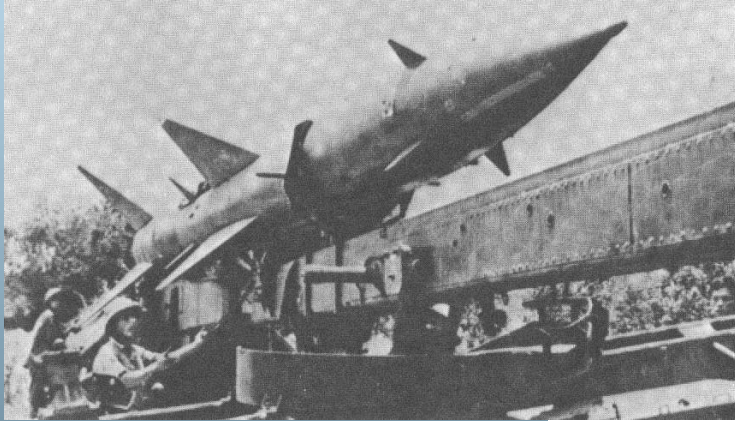
Arclight, Bullet Shot



Linebacker II



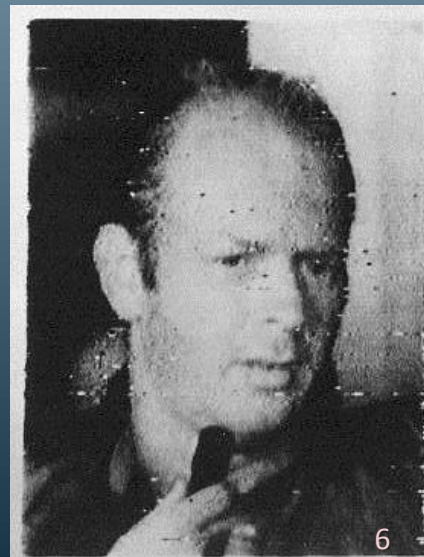
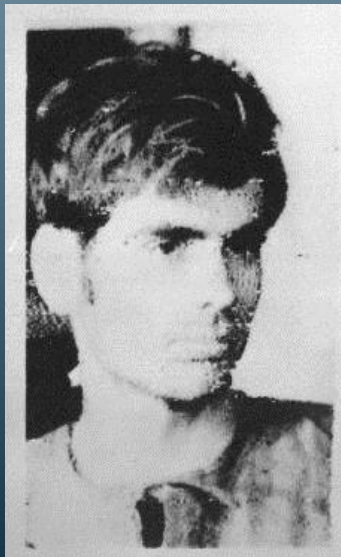
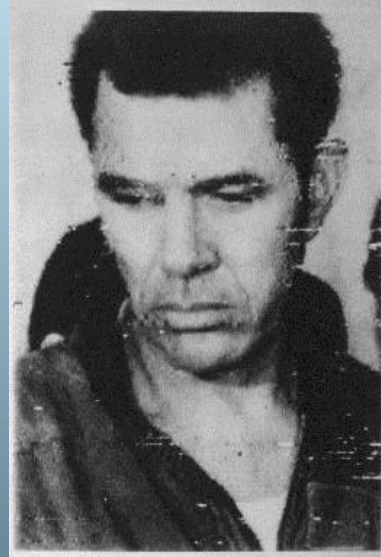
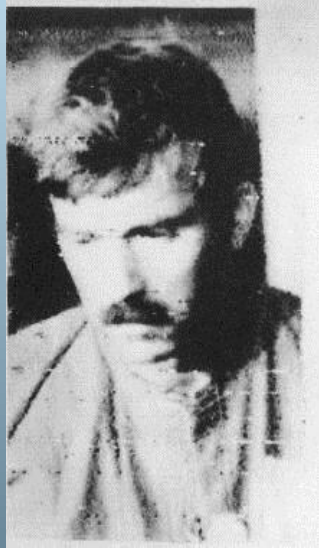
Met SAM @ 1313



10 (15) B-52s downed



Captured



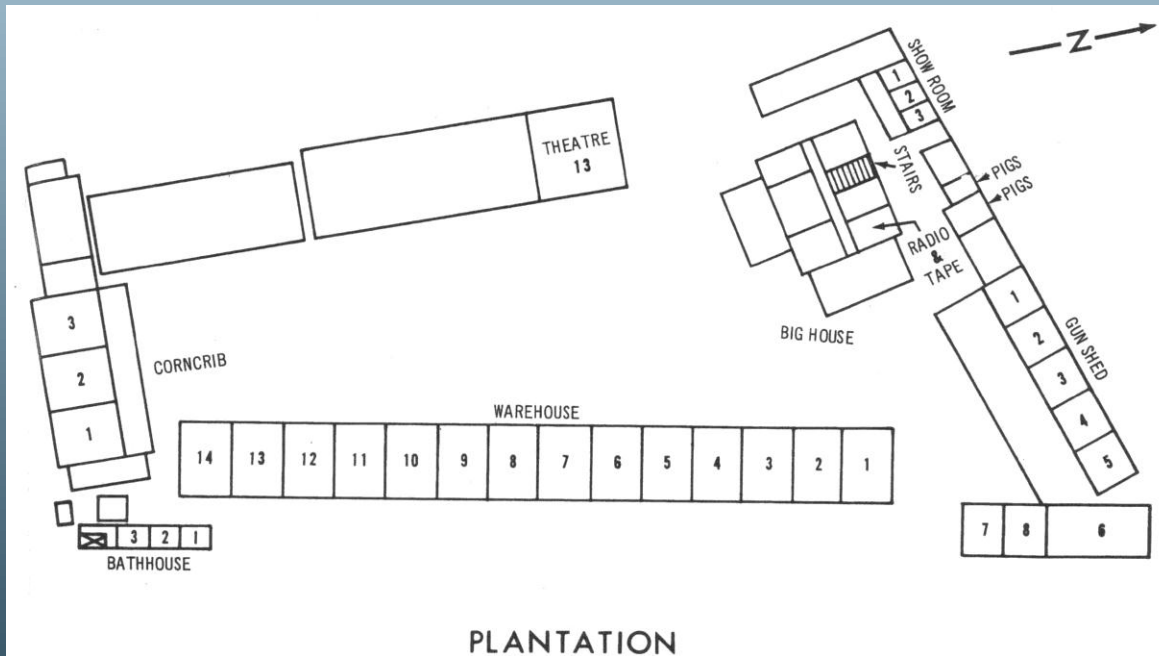
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 OE • EUGENE V WILLIAMS • LARRY E WILLIAMS • ROYCE
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 NS • KENNETH J AINSWORTH • RODNEY A ALFANO • DO
 GATE • MOSES A ARNOLD • RAY C BANKS • CHARLES J B
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 • PAUL R COLLETT Jr • DAVID W CRARY • RICHARD L CU
 EL • JOHN M DASHNAW • DENNIS P DAY • DELFERD B D
 LE • QUENTIN W BINDER • CRISTOBAL FIGUEROA-PEREZ
 • GARY L GABEL • LEANDRO GARCIA • SILAS E GIBSON
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 JOSEPH • DRIGUES • THOMAS M ROSS • FELIX ALVARO
 N • SELN • ALVESON • DANNY RAY NORTH CUTT • ROO
 • ROBE • Affer • JACK C TAYLOR • DONALD B SMALL
 • PAUL • ER • MICHAEL D STOTLER • RICHARD A SV



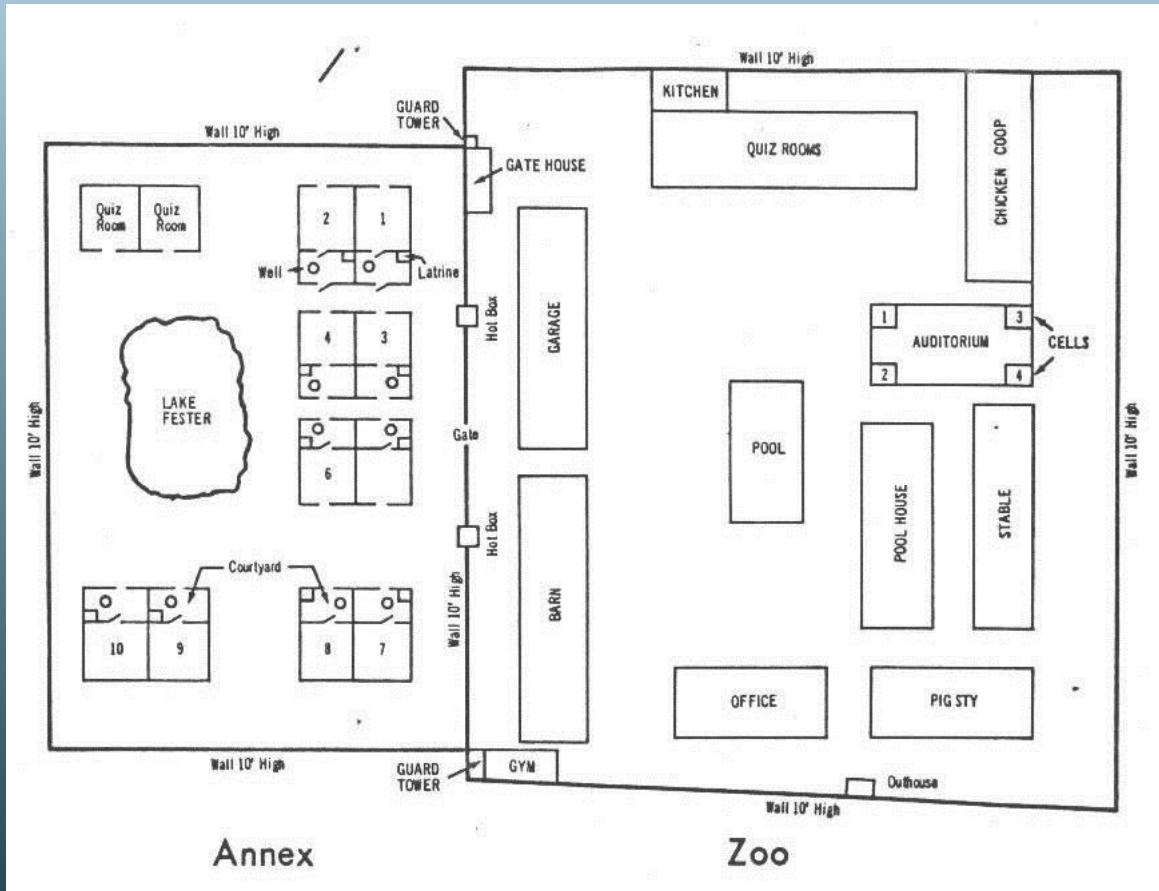
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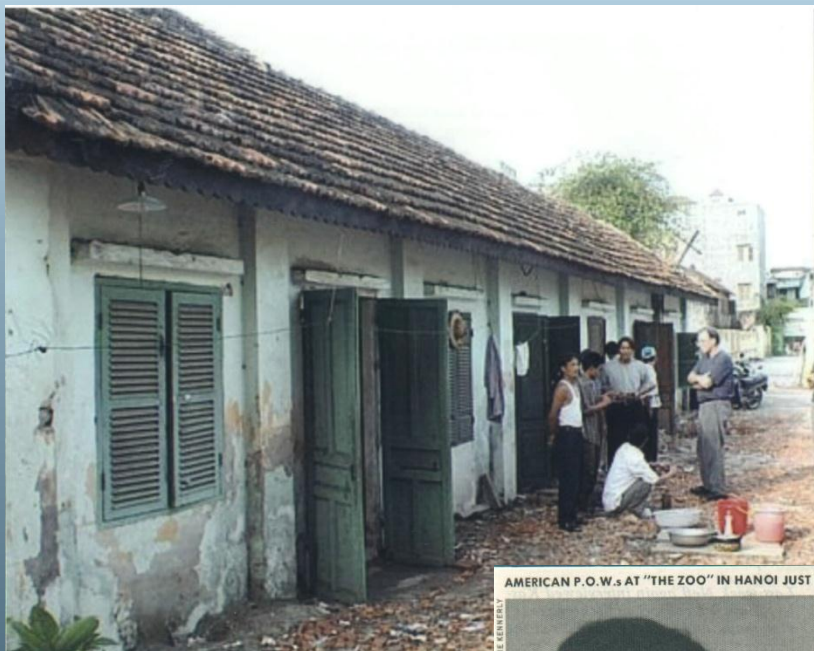
The Plantation



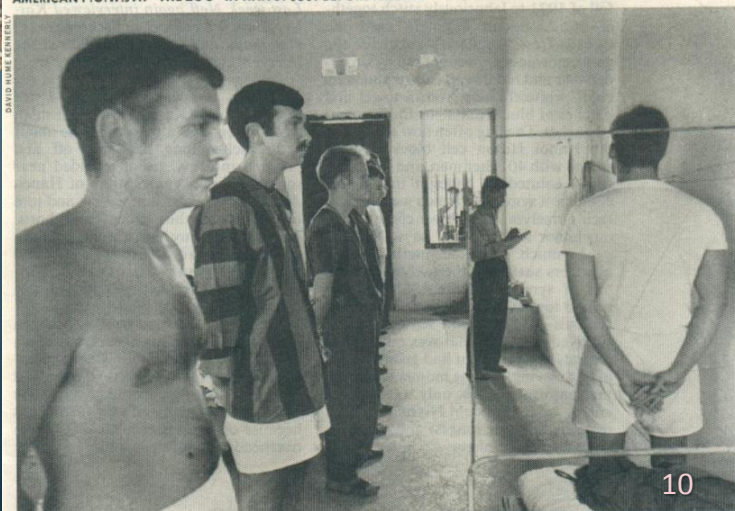
The Zoo



The Zoo



AMERICAN P.O.W.s AT "THE ZOO" IN HANOI JUST BEFORE RELEASE



CURTIS D SNITKER • JOHN F SEVICK • LAWRENCE E I
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The Treatment

- Some beating, physical abuse
- Multiple interrogations
- Threats of greater harm
- Propaganda films
- Poor hygiene
- Unsanitary living conditions
- Unsanitary food

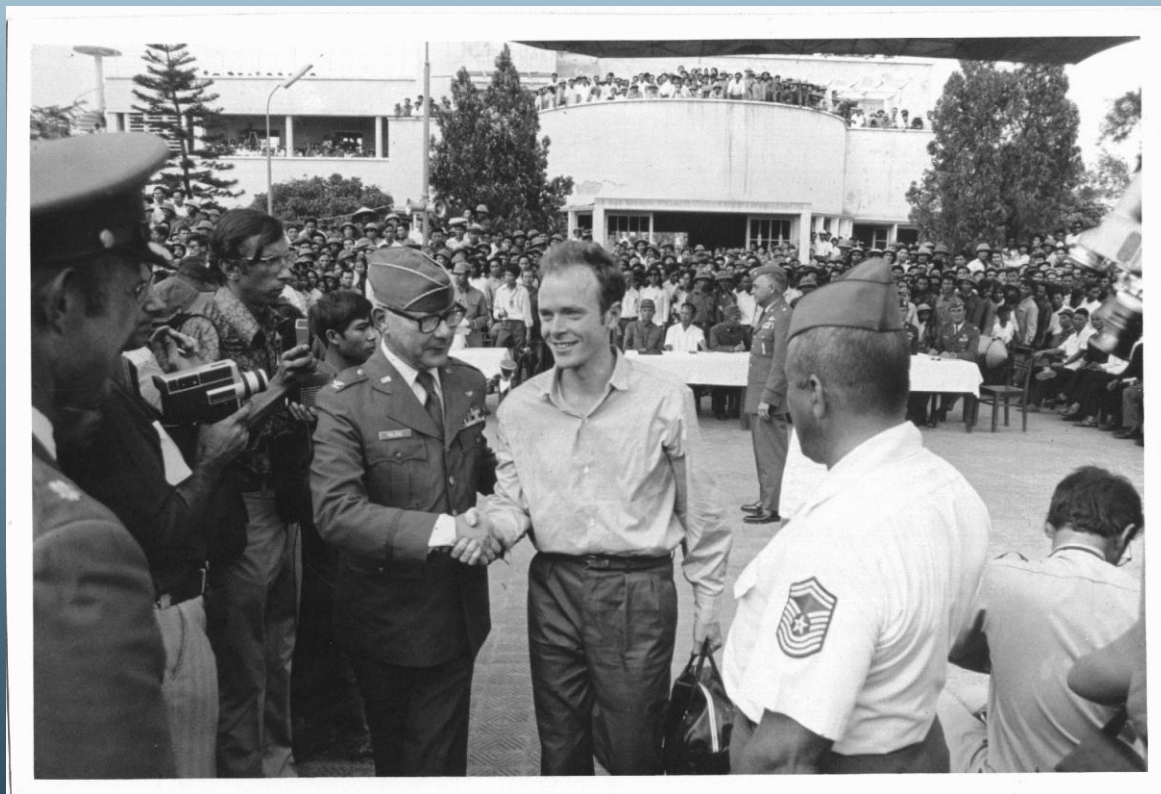


The Diet

- Breakfast
 - ½ loaf French bread
 - Powdered milk
- Lunch and Dinner
 - ½ loaf French bread
 - Cabbage soup
 - Weak hot tea



Repatriation



Homecoming



Medical Following

- Robert E. Mitchell Center for Prisoner of War Studies

<http://navmedmppte.med.navy.mil/nomi/rpow/index.cfm>

- Longitudinal study

- Began with USN/USMC in 1973
- Matched comparison group in 1976
- Gulf War added 1991
- USAF added 1994
- USA added 1997

- Annual physicals



PTSD or The Ghost of Christmas Past

- Anniversary anxiety
 - Christmas to Easter
- Embedded Memory
 - Neurolinguistics
 - Themes
- Exorcising the ghosts
 - EMDR



Anniversary Anxiety

- Advent, Christmas, Epiphany, Lent, Easter
 - Busiest time of liturgical year
 - Bookends of incarceration
- Which caused more stress?
 - The final flight
 - Daily life



Living the Themes

- The Final Flight
 - Disappointment
 - Unexpected, uncontrollable events
 - Planning errors
 - Danger
 - Obstacles
 - Vital goals
 - Certain success
 - EJECTION!



Reliving the Themes

- Capital Campaigns
 - Not my favorite thing
 - Unexpected, uncontrollable events
 - Planning errors
 - Danger of failure
 - Obstacles to overcome
 - Vital goals
 - Nearing success
 - **Great fear**



Freedom

- Writing the story
 - Reflecting on the story
 - with family & friends
 - With VetCenter Psychologist
- EMDR
 - Exploring the themes
 - Developing alternate choices



A Career High Point



Unchained Eagle



From Prison to Freedom
Robert G. Certain

